Claims:

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1. A method for delivering short message service (SMS) messages sent by a sender to a recipient over a communications network, the method including:

receiving an SMS message from the sender;

sending an automatic verification request to the sender requesting a verification response, wherein the verification request is sent before the SMS message is delivered to the recipient;

receiving the verification response from the sender; and

- delivering the SMS message to the recipient upon receiving the verification response.
 - 2. A method according to claim 1, further including verifying the SMS message, wherein the SMS message includes a sender identification and verifying the SMS message includes comparing the one or more sender lists, the one or more sender lists including a white list, and the SMS message is delivered to the recipient where the sender identification is included in the white list, and a verification request is sent to the sender where the sender identification is not included in the white list.
- 3. A method according to claim 1 or claim 2, wherein the sender identification is a mobile telephone number.
 - 4. A method according to any one of claims 1 to 3, wherein the sender identification is an email address.
 - 5. A method according to any one of claims 2 to 4, wherein the one or more sender lists includes a black list, and the white list includes a list of authorised senders and the black list includes a list of unauthorised senders.
 - 6. A method according to any one of claims 2 to 5, wherein the one or more sender lists includes a super white list, and the SMS message is delivered to the recipient where the sender identification is included on a super white list.
 - 7. A method according to any one of claims 1 to 6, wherein the SMS message is received by a mobile telephone and wherein delivering the SMS message to the recipient includes allowing display of the SMS message on the mobile telephone.
 - 8. A method according to any one of claims 1 to 7, wherein the SMS message is received by a system server and wherein delivering the SMS

message to the recipient includes transmitting the SMS message from the system server to the mobile telephone.

9. A method according to claim 6, wherein the super white list is synchronized with a second super white list over the communications network, wherein the second super white list is stored on a system server database.

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- 10. A method according to claim 6, wherein the white list is synchronized with a second white list over the communications network, wherein the second white list is stored on a system server database.
- 11. A method according to claim 6, wherein the black list is synchronized
 10 with a second black list over the communications network, wherein the second black list is stored on a system server database.
 - 12. A method according to any one of claims 2 to 11, wherein the one or more sender lists are stored on a mobile telephone SIM card.
- 13. A method according to any one of claims 2 to 12, wherein the one or more sender lists are stored on a system server database.
 - 14. A method according to any one of claims 5 to 13, wherein the SMS message is discarded where the sender identification is included on the a black list.
 - 15. A system for delivering short message service (SMS) messages sent by a sender to a recipient over a communications network, the system including:

receiving means for receiving an SMS message from the sender;

transmission means for sending an automatic verification request to the sender requesting a verification response, wherein the verification request is sent before the SMS message is delivered to the recipient;

receiving means for receiving the verification response from the sender; and

delivering means for displaying the SMS message to the recipient upon receiving the verification response.

16. A system according to claim 15 further including verification means for verifying the SMS message, wherein the SMS message includes a sender identification and verifying the SMS message includes comparing the one or more sender lists, the one or more sender lists including a white list, and the SMS message is delivered to the recipient where the sender identification is

included in the white list, and a verification request is sent to the sender where the sender identification is not included in the white list.

- 17. A system according to claim 16, wherein the sender identification is a mobile telephone number.
- 5 18. A system according to claim 16 of claim 17, wherein the sender identification is an email address.
 - 19. A system according to any one of claims 16 to 18, wherein the one or more sender lists includes a black list, and the white list includes a list of authorised senders and the black list includes a list of unauthorised senders.
- 10 20. A system according to any one of claims 16 to 19, wherein the one or more sender lists includes a super white list, and the SMS message is delivered to the recipient where the sender identification is included on a super white list.

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- 21. A system according to any one of claims 15 to 20, wherein the SMS message is received by a mobile telephone and wherein delivering the SMS message to the recipient includes allowing display of the SMS message on the mobile telephone.
- 22. A system according to any one of claims 15 to 21, wherein the SMS message is received by a system server and wherein delivering the SMS message to the recipient includes transmitting the SMS message from the system server to the mobile telephone.
- 23. A system according to claim 20, wherein the super white list is synchronized with a second super white list over the communications network, wherein the second super white lists is stored on a system server database.
- 24. A system according to any one of claims 16 to 23, wherein the one or more sender lists are stored on a mobile telephone SIM card.
 - 25. A system according to any one of claims 16 to 24, wherein the one or more sender lists are stored in a memory device on a mobile device.
 - 26. A system according to any one of claims 16 to 25, wherein the one or more sender lists are stored on a system server database.
- 30 27. A system according to any one of claims 19 to 26, wherein the SMS message is discarded where the sender identification is included on the a black list.

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- 28. A method for delivering short message service (SMS) messages over a communications network substantially as herein described with reference to the accompanying drawings.
- 29. A system for delivering short message service (SMS) messages over a
 5 communications network substantially as herein described with reference to the accompanying drawings.